



UCCOOK

Waterford's Lamb & Hasselback Potato

with a green olive dressing

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Waterford Estate | Waterford Grenache Noir

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 731kJ | 3580kJ |
| Energy | 175kcal | 856kcal |
| Protein | 8.8g | 43.1g |
| Carbs | 10g | 48g |
| of which sugars | 1.5g | 7.5g |
| Fibre | 2.1g | 10.2g |
| Fat | 11.5g | 56.5g |
| of which saturated | 4.8g | 23.4g |
| Sodium | 307mg | 1505mg |

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 200g | 400g | Potato <i>rinse</i> |
| 10g | 20g | Almonds <i>roughly chop</i> |
| 30g | 60g | Pitted Green Olives <i>drain & finely chop</i> |
| 3g | 5g | Fresh Parsley <i>rinse, pick & finely chop</i> |
| 5ml | 10ml | Red Wine Vinegar |
| 160g | 320g | Free-range De-boned Lamb Leg |
| 20g | 40g | Green Leaves <i>rinse & roughly shred</i> |
| 15g | 30g | Piquanté Peppers <i>drain</i> |
| 40g | 80g | Danish-style Feta <i>drain & crumble</i> |
| 10ml | 20ml | NOMU Roast Rub |

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Paper Towel

Seasoning (salt & pepper)

1. HASSLE-FREE HASSELBACK Preheat the oven to 220°C. Place the potato between the handles of two wooden spoons. Cut slices along the top of the potato, through to the spoon, a few mm apart. Repeat with the remaining potatoes. Place the hasselback potatoes, cut-side up, on a roasting tray. Coat in oil and season. Roast until cooked through and crisping up, 45-50 minutes.

2. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. I LIVE FOR OLIVES In a bowl, combine the olives with ½ the parsley, the vinegar, a sweetener (to taste), a drizzle of olive oil and seasoning. Set aside.

4. LIPSMACKING LAMB Return the pan to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. Sear the lamb until browned, 3-5 minutes (shifting as it colours). Remove from the pan and place on a roasting tray to finish cooking in the oven, 5-8 minutes.

5. NUTTY SALAD To a salad bowl, add the green leaves. Toss with ½ the nuts, the piquanté peppers, a drizzle of olive oil and seasoning. Set aside.

6. BETTA WITH FETA When the potatoes have 5-8 minutes remaining, stuff some of the slices with the feta. Coat the lamb in the NOMU rub and return the tray to the oven for the remaining time. Remove the lamb from the oven and rest for 5 minutes before slicing. Lightly season the slices.

7. HOW'S THAT FOR A DINNER?! Plate up the feta hasselback potatoes with the lamb alongside. Drizzle with the green olive dressing and serve with the green salad on the side. Garnish it all with the remaining parsley and nuts.